

## ABSTRACT OF THE DISCLOSURE

The invention comprises a method for reducing the incidence of High Altitude Pulmonary Edema ("HAPE") based on a valid understanding of the process of osmosis. Diffusion of bicarbonate ions through alveolar capillaries drags upon the water through which the ions diffuse in the same manner as if a reduced pressure were applied to the water. The resulting osmotic effect present in the capillary as a result of the bicarbonate diffusion draws edemateous fluid from the alveoli into the capillary. HAPE can be minimized through adjusting the diet to maximize bicarbonate ions in the plasma and hence to increase diffusion and the resulting osmotic effect.

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